

SUMMER UPDATE

ROTATOR CUFF INJURY

The rotator cuff is a group of four muscles that surround and support your shoulder joint. The shoulder is an inherently unstable joint due to its bony architecture, therefore it is very important to maintain strength in the rotator cuff muscles; they help hold the humerus (arm bone) in the shoulder socket.

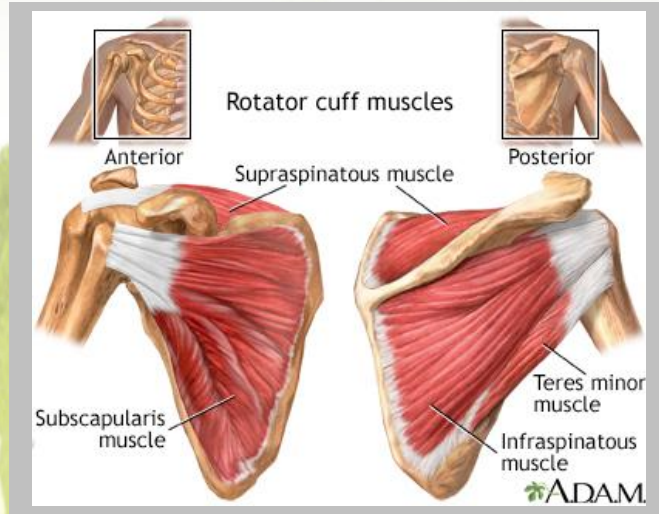
Injuries to the rotator cuff are caused by:

- falling: using your arm to break a fall or falling on your arm
- lifting or pulling an object improperly or one that is too heavy
- repetitive stress, especially overhead
- bone spurs: overgrowth of bone on the shoulder blade protruding into the rotator cuff muscles or tendons

Because these injuries are usually a result of overuse, your risk of injury increases with age; most rotator cuff tears occur over the age of 40. Athletes, such as baseball pitchers, and construction workers tend to have a higher risk of rotator cuff injuries due to the nature of their sport and job, respectively.

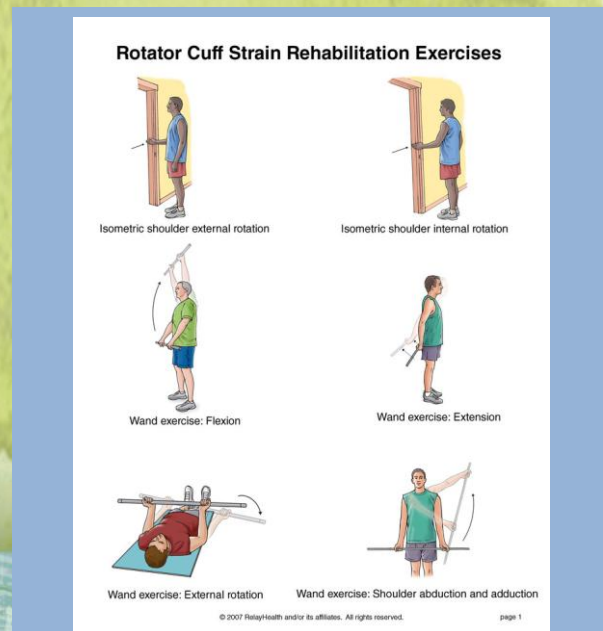
Rotator cuff injury typically causes a dull, achy pain in the shoulder which can sometimes produce weakness in the arm; pain may be increased by sleeping on the affected shoulder, overhead activity, and/or reaching behind the back.

Severe rotator cuff injuries where there is a complete tear to the muscle or tendon may require imaging studies to be diagnosed (Ultrasound or MRI), and surgical repair. Otherwise, conservative management is usually indicated. While rest from the aggravating activity is advised, it is important to keep the shoulder moving in order to prevent development of a **Frozen Shoulder**, a condition that causes pain and severe limitation to mobility; frozen shoulders can take over a year to heal.



Conservative treatment for rotator cuff injuries may include:

- **ice and rest** from the aggravating activity
- **therapeutic modalities** such as ultrasound, interferential current, TENS, cold laser
- **soft tissue therapy** including massage and Graston[®] Technique
- **mobilization and/or manipulation** of the neck and upper back
- **Kinesio Taping** to support the involved musculature
- specific **exercises** to strengthen and rehabilitate the rotator cuff



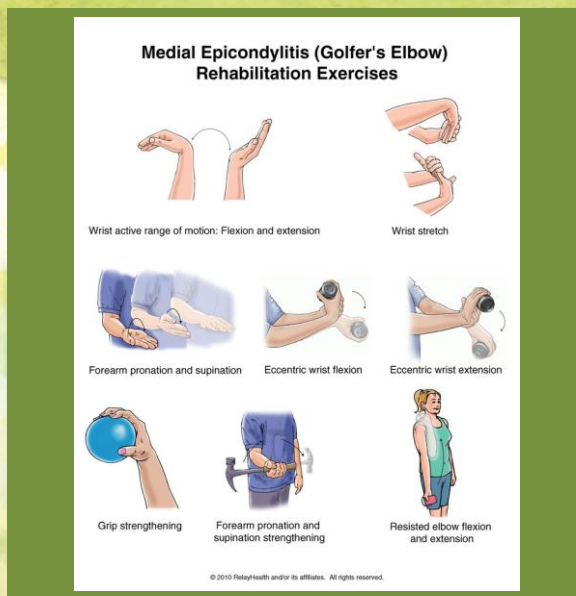
Rotator Cuff Exercises (image belongs to RelayHealth)



Area of pain in Golfer's vs. Tennis Elbow



Brace for Golfer's/Tennis Elbow



Golfer's Elbow Exercises (image belongs to RelayHealth)

GOLFER'S ELBOW

CONSERVATIVE MANAGEMENT

Golfer's Elbow (Medial Epicondylitis) is a condition that causes pain on the **inside** of your elbow where your forearm muscles attach, usually as a result of excessive or repetitive stress to that area. Sometimes the pain will spread into your forearm and wrist area, you may have discomfort while making a fist, and your elbow may feel stiff. Occasionally you may experience numbness and tingling in your ring and little fingers. The onset may be sudden or gradual, and symptoms can be caused by and/or aggravated with the following activities:

- swinging a golf club or racket: equipment that is too heavy or too small
- throwing sports: improper technique
- lifting weights: improper technique with wrist or bicep curls can overload the elbow
- repetitive bending and straightening of the elbow: painting, raking, hammering, chopping wood

Golfer's Elbow is typically diagnosed based on your history and physical examination; imaging studies are generally not required, but may be used to rule out other sources of the pain if symptoms are unresponsive to treatment.

Conservative treatment is usually indicated to manage Golfer's Elbow. In the acute phase, **ice and rest** from the aggravating activity will help to alleviate some symptoms. If use of the arm is necessary, a **brace** worn just below the bony part of the elbow can help reduce irritation of the tendon attachment point (see image); **Kinesio® Tape** may also be used to simulate this brace and give further support to the involved musculature.

Electrical modalities such as Ultrasound, IFC (Interferential Current), and TENS, as well as **Acupuncture** may be used for control of pain and inflammation. Soft tissue therapies, including **Graston® Technique**, are used to break down adhesions in the soft tissue and to promote new healthy tissue development.

As healing begins to take place it is important to introduce **gentle stretching and light strengthening exercises** to allow the tissues to repair themselves along the appropriate lines of stress. Care should be taken not to introduce too much exercise too early in the treatment plan in order to avoid re-injury to the area.

KINESIO TAPE:

What are those colourful patterns?

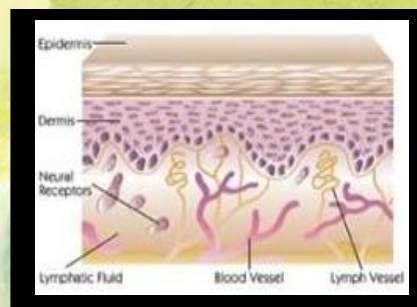
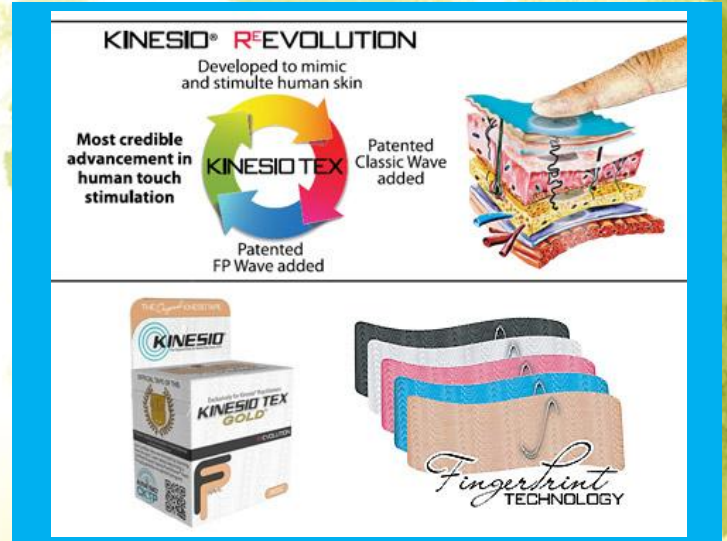
Kinesio® Tape is a rehabilitative tape that is designed to support the body's natural healing process by stimulating receptors in the skin; it provides support and stabilization to muscles and joints without compromising normal mobility or circulation. The elastic properties of the tape combined with unique application methods lift the skin microscopically, helping to alleviate pain, and enhance circulation and lymphatic drainage (the body's natural waste disposal system).

Properties of the Tape

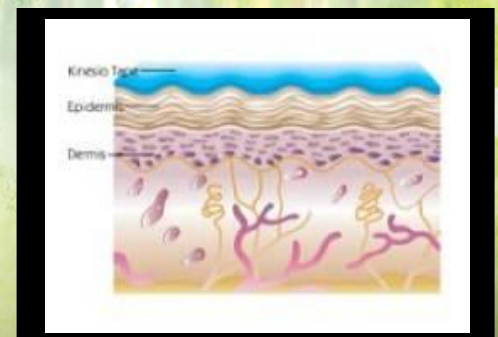
- Kinesio® Tape was designed specifically to mimic the qualities of the skin.
- The tape stretches longitudinally up to 30-40% of its resting length, approximately equal to the elastic quality of human skin; this elastic property of the tape lasts 3-5 days.
- The elastic polymer is wrapped by 100% cotton fibres, which allows for evaporation of body moisture and quick drying.
- The thickness of the tape is approximately equal to the epidermis (outer layer of skin), and thus limits the body's perception of weight on the skin.
- Kinesio® Tape is latex free and does not irritate the skin. It is easily removed, leaving behind NO glue residue.
- The adhesive is heat activated and becomes more adherent the longer the tape is worn. It is 100% acrylic, and is applied in a wave-like pattern to assist in lifting the skin and to promote escape of moisture.

Kinesio® Tape is safe for a variety of populations from pediatric to geriatric, sedentary to Olympians. It can be used to treat a wide range of orthopedic, neuromuscular, and neurologic conditions:

- Low back pain
- Neck pain
- Carpal tunnel syndrome
- Muscle strains
- Rotator cuff syndrome (shoulder conditions)
- Tennis/golfer's elbow
- Knee conditions
- Plantar fasciitis
- Severe contusions (bruising)



Effects of Kinesio® Tape lifting the skin to create space for pain reduction and improved circulation.



For more information about Kinesio® Tape, talk to Dr. Reena and visit www.kinesiotaping.com
Watch a Video: [Original Kinesio® Taping Method](#)



PRODUCT SPOTLIGHT:ENDURA

ENERGY & RE-HYDRATION FORMULA

Endura is a supplement that provides a unique blend of electrolytes found in muscle cells for properly re-hydrating the body during exercise, activity, or hot weather conditions.

Endura contains:

- high quantity of Magnesium, which is essential for energy production; this magnesium is highly absorbable and does not cause gastric irritation
- a balanced ratio of glucose polymers and fructose carbohydrates to delay the onset of fatigue during strenuous activity

Do not wait until you are thirsty to begin re-hydrating!

Take Endura (1 powdered scoop in 16 fl.oz. of water) on an empty stomach as solid foods may hinder re-hydration efforts during exercise.

<http://metagenics.com/mp/products/endura>



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